



# Bloomsbury Fitness Martial Arts UCL AIKIDO CLUB

## Information for Members

### Class Times:

Mondays	18:15 - 19:30
Wednesdays	18:00 – 19:00; 19:00 – 19:30 (second class taught by Paul or Satu)
Thursdays	13:00 – 14:00
Fridays	13:00 – 14:00
Saturdays	11:30 – 13:00 (no class on UKA course weekends)

The class timetable is subject to change and visitors are advised to call BF Reception on 020 7679 7221 for confirmation prior to visit.

**Location:** Bloomsbury Fitness, UCL Students' Union. [www.uclunion.org/bf](http://www.uclunion.org/bf)  
Practices are held in the Dojo at Bloomsbury Fitness which is on the 3rd floor of the Bloomsbury Theatre Building, 15, Gordon Street WC1.

### Club Instructors:

Senior Instructor: Barbara Sotowicz, 4th Dan, UKA Shido-in and Senior Coach.  
Instructors: Paul Wilkinson, 2 Dan, UKA Coach  
Satu Vainikka, 2 Dan, UKA Coach

The UCL Aikido Club, founded by Barry Hutchinson in 1976, has the following associations:

Organisation: United Kingdom Aikikai – Renshinkan House. [www.ukaonline.org.uk](http://www.ukaonline.org.uk)  
Recognised by Hombu, the Aikikai Foundation, Japan  
Local Group: UKA London Clubs - mailing list. [london\\_uka\\_aiki@yahoo.co.uk](mailto:london_uka_aiki@yahoo.co.uk)  
*N.B. there is an underscore in the gaps.*  
Governing Body: British Aikido Board. [www.bab.org.uk](http://www.bab.org.uk)

### Membership, Mat Fees, Bookings

1. UKA Membership (this covers insurance to train):

Students - £21                      Non-students £27.                      Payable yearly.

You will be given a UKA membership form when you come to the Dojo. Please return the completed form to one of the club instructors with a cheque for £21/£27 made out to Renshinkan Affiliations.

2. Bloomsbury Fitness Membership:

Membership includes the use of all the facilities on offer at the BF, including BF Martial Arts and Fitness classes. There are various membership options and seasonal offers and you will find information on this on the BF website (see above). If you train regularly, the best value is that provided by the Annual Membership Autumn Offer (1 August – 31 October). If you are an occasional visitor or prefer to pay as you go, you can take out a day membership. To join the BF please apply to BF Reception. Membership forms are obtainable at BF Reception or from the BF website.

3. UCL Aikido Club Class Booking:

You need to book in for the class at Reception. Please keep your receipt and hand it in to the class instructor.

### Courses, Other Information

Keep up to date with Aikido events and news via the links given above.



# Bloomsbury Fitness Martial Arts UCL KARATE CLUB

## Information for Members

**Style:** Shotokan Karate

**Welcome to all levels:** Beginners, Kyus and Dans (throughout the year).

### Class Times:

Tuesdays 17:30 - 18:30

Thursdays 18:00 - 19:00

The class timetable is subject to change and visitors are advised to call BF Reception on 020 7679 7221 for confirmation prior to visit.

### Location:

Bloomsbury Fitness, UCL Students' Union ([www.uclunion.org/bf](http://www.uclunion.org/bf)). Practices are held in the Dojo at Bloomsbury Fitness which is on the 3rd floor of the Bloomsbury Theatre Building, 15, Gordon Street WC1.

### Club Instructors:

Senior Instructor: Eamonn Horan, 4<sup>th</sup> Dan, Ex-England International.

Instructor: Daniel Antoine, 1<sup>st</sup> Dan ([d.antoine@ucl.ac.uk](mailto:d.antoine@ucl.ac.uk)).

Organisation: National Association of Karate and Martial Art Schools (NAKMAS)  
[www.nakmas.org.uk/#](http://www.nakmas.org.uk/#)

### Membership, Mat Fees, Bookings

1. NAKMAS Membership (this covers insurance to train):

Students and Non-students - £8 (renewal) or £11 (new) payable yearly.

You will be given a NAKMAS membership form when you come to the Dojo. Please return the completed form to one of the club instructors with a cheque for £8/£11 made out to NAKMAS.

2. Bloomsbury Fitness Membership:

Membership includes the use of all the facilities on offer at the BF, including BF Martial Arts and Fitness classes. There are various membership options and seasonal offers and you will find information on this on the BF website (see above). If you train regularly, the best value is that provided by the Annual Membership Autumn Offer (1 August – 31 October). If you are an occasional visitor or prefer to pay as you go, you can take out a day membership. To join the BF please apply to BF Reception. Membership forms are obtainable at BF Reception or from the BF website.

3. UCL Karate Club Class Booking:

You need to book in for the class at Reception. Please keep your receipt and hand it in to the class instructor.

**Courses, Other Information:** [www.nakmas.org.uk/#/karate/4522081594](http://www.nakmas.org.uk/#/karate/4522081594)